

## Plants, medicine and wellbeing

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<b>Start date</b>	13 April 2019	<b>End date</b>	13 April 2019
<b>Venue</b>	Madingley Hall Madingley Cambridge		
<b>Tutor</b>	Dr Sandy Primrose	<b>Course code</b>	1819NDX036

**Director of Academic Centres** Sarah Ormrod  
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**To book** See: [www.ice.cam.ac.uk](http://www.ice.cam.ac.uk) or telephone 01223 746262

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### Tutor biography

Sandy Primrose has spent his professional life as a biologist, initially in academia and then as a senior manager in pharmaceutical, diagnostic and life science companies. He also has worked with various government departments on topics such as the detection of food fraud and the safety of genetically engineered foods. He now works as a consultant helping early stage companies in the healthcare field.

Sandy is a very keen gardener and lectures extensively on plants, horticulture and gardening. He is passionate about teaching and he tries to be both entertaining and educational without being overly technical. When in teaching mode he prefers to use a mix of presentation and active student participation to maximize the return to the student.

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## Course programme

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A broad-ranging introduction to the development of plants as medicines and covering such topics as the development of perfumes, the role of frankincense and myrrh, do herbal medicines really work, and the impact of greenery on stress hormones. Each lecture will feature an in-depth look at one group of plants.

09:30	Terrace bar open for pre-course tea/coffee
10:00 – 11:15	<b>Greece and the rise of the modern pharmacy</b> <ul style="list-style-type: none"><li>• Plant portrait: the opium poppy</li></ul>
11:15	Coffee
11:45 – 13:00	<b>The pharmacy in your garden including a visit to the Madingley Garden medicinal plant section</b> <ul style="list-style-type: none"><li>• Plant portraits: treatments for the symptoms of the menopause</li></ul>
13:00	Lunch
14:00 – 15:15	<b>Aromatherapy and shamanic medicine</b> <ul style="list-style-type: none"><li>• Plant portraits: psychoactive drugs</li></ul>
15:15	Tea
15:30 – 16:45	<b>Hunting for new medicines from plants and spices</b> <ul style="list-style-type: none"><li>• Plant portraits: herbal remedies for diabetes</li></ul>
16:45	Day-school ends

## **Course syllabus**

### **Aims:**

To give participants an understanding of the role of plants in medicine in the past, present and future and to give them the tools to assess medicinal claims for herbal remedies and to understand the risks associated with such medicines.

### **Content:**

From ancient Greece to the modern pharmacy; the role of botanic gardens and learned societies. The pharmacy in your garden: the development of modern clinical trials and the identification of active pharmaceutical ingredients. The involvement of the brain: aromatherapy and shamanic medicine. Hunting new medicines from plants in the 21<sup>st</sup> century and some recent successes.

### **Presentation of the course:**

All lectures will be illustrated and in each lecture there will be a detailed portrait of a plant or plants relevant to the lecture topic: the opium poppy, digitalis, plant-based Viagra, psychoactive drugs. There also will be a visit to the medicinal section of the garden at Madingley Hall. The lectures will be informal and participants are encouraged to get actively involved in discussion.

**As a result of the course, within the constraints of the time available, students should be able to:**

- Have a much better understanding of the role of plants in modern medicine and the potential hazards of herbal remedies.

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## Reading and resources list

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Listed below are texts that might be of interest should you wish to supplement your learning on the course. Any essential reading is marked with an asterisk \*

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Author	Title	Publisher and date
EA Dauncy & S Larsson	<i>Plants that kill: a natural history of the world's most poisonous plants</i>	Kew Publishing (2018)
Anna Hunt	<i>The shaman in stilettos</i>	Penguin Books (2012)
Jason Irving	<i>The gardener's companion to medicinal plants: an A-Z of healing plants and home remedies'</i>	Kew Publishing (2016)

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## Additional information

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### Venue

Details of how to find Madingley Hall can be found on our website:  
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

### Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on [ice.admissions@ice.cam.ac.uk](mailto:ice.admissions@ice.cam.ac.uk) or +44 (0)1223 746262.

**Note** Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

*Information correct as of:* 10 October 2018